

# O35

## IS PTNS EFFECTIVE TREATMENT FOR OVERACTIVE BLADDER? A RETROSPECTIVE COHORT STUDY

*R. Mohamed-Ahmed, C. Davis, A. Taithongchai, A. Rantell, G. Araklitis, D. Robinson, King's College Hospital, London, UK*

### INTRODUCTION

Posterior tibial nerve stimulation (PTNS) is currently offered to patients with refractory overactive bladder (OAB).(1) We aim to evaluate the efficacy, safety and long-term continuation of PTNS in a tertiary hospital over an 11-year period.

### METHOD

We conducted a retrospective cohort study on all patients who underwent PTNS from 2012 to 2023. The primary outcomes were change in urinary frequency over 24 hours, maximum functional capacity (MFC), episodes of urgency urinary incontinence (UUI) and patient perception of intensity of urgency scale (PPIUS).

### RESULTS

We identified 95 patients, of whom 81 had available medical records. 83% of patients completed 12 treatments of PTNS, and over half (54%) of those that did not complete their full course of treatment stated that this was due to inefficacy. 33% of patients underwent PTNS 'top ups' as needed, after completing their course of initial treatment, with the median number of top ups being 3.

There was an average reduction in daytime frequency by 0.6 episodes ( $p=0.033$ ), an increase in MFC by 13mls ( $p=0.927$ ), a reduction in UUI episodes each day by 0.7 ( $p=0.008$ ) and a reduction in average PPIUS by 0.4 ( $p=0.024$ ). The mean reduction in total KHQ scores pre and post treatment was by 5 points ( $p=0.03$ ). The minimal clinically important difference (MCID) was seen most frequently (24%) in the incontinence severity domain of the KHQ.

### CONCLUSION

PTNS remains a safe treatment option for patients with refractory OAB with evidence of both subjective and objective improvement to most symptoms and quality of life scores. The majority of our patients completed a 12-week cycle but only 1 in 3 chose to have further PTNS 'top ups' and only 1 in 5 are continuing with PTNS for long term management of their OAB.

### Reference:

1. Urinary incontinence and pelvic organ prolapse in women: management. 2019;NICE NG123.